

CITY OF LINCOLN

RECREATION GUIDE

SPRING/SUMMER 2017



Swim Lessons

pg. 4

Kids Kamp

pg. 6

Youth Sports

pg. 12 - 13

YOUTH OPEN GYM

COMMUNITY CENTER

2010 First Street

BASKETBALL

MONDAY'S AND WEDNESDAY'S
JUNE 5 - AUGUST 2

**EXCEPT 6/19, 6/21, 7/5, 7/17, 7/19*

SUMMER PASS • AC2. 164 • FEE \$30/\$35NR
DAILY DROP-IN RATE: \$5

DROP-IN REQUIRES PARENT/GUARDIAN WALK-IN REGISTRATION

AGES 8-12 • 10AM - 12PM

AGES 13-17 • 2PM - 4PM



VOLLEYBALL

FRIDAY'S

JUNE 9 - AUGUST 4

**EXCEPT 6/23, 7/7, 7/21*

SUMMER PASS • AC2. 167 • FEE \$15/\$20NR
DAILY DROP-IN RATE: \$5

DROP-IN REQUIRES PARENT/GUARDIAN WALK-IN REGISTRATION

AGES 8-12 • 10AM - 12PM

AGES 13-17 • 2PM - 4PM



PHOTO CREDIT: MARK LOPER PHOTOGRAPHY



LINCOLN

AIRFEST 2017

JUNE 10-11



www.lincolnairefest.com

WELCOME



2010 First Street
Lincoln, CA 95648

(916) 434-3220

Mon-Fri, 8am-12pm, 1-5pm
Closed from 12-1pm

www.LincolnRec.net

CITY OF LINCOLN COMMUNITY CENTER



Lincoln Recreation



@lincolnparksrec
@lysports



@lysports2015

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Swim Lessons

Lessons are Tuesday-Friday, 45 minutes each lesson.

Fee: \$60/\$65NR

	Spring Session 5/16-5/26	Session 1 6/6-6/16	Session 2 6/20-6/30	Session 3 7/5-7/14	Session 4 7/18-7/28	Session 5 8/1-8/11	Session 6 8/22-9/1
10-10:45am		P/P • AQ2.009	Level 1 • AQ2.029	P/P • AQ2.049	Level 1 • AQ2.069	P/P • AQ2.089	
		Level 1 • AQ2.010	Level 2 • AQ2.030	Level 1 • AQ2.050	Level 2 • AQ2.070	Level 1 • AQ2.090	
		Level 2 • AQ2.011	Level 3 • AQ2.031	Level 2 • AQ2.051	Level 3 • AQ2.071	Level 2 • AQ2.091	
		Level 4 • AQ2.012	Level 4 • AQ2.032	Level 4 • AQ2.052	Level 4 • AQ2.072	Level 3 • AQ2.092	
11-11:45am		P/T • AQ2.013	Level 1 • AQ2.033	P/T • AQ2.053	Level 1 • AQ2.073	Level 1 • AQ2.093	
		Level 1 • AQ2.014	Level 1 • AQ2.034	Level 1 • AQ2.054	Level 2 • AQ2.074	Level 2 • AQ2.094	
		Level 2 • AQ2.015	Level 2 • AQ2.035	Level 2 • AQ2.055	Level 3 • AQ2.075	Level 3 • AQ2.095	
		Level 3 • AQ2.016	Level 3 • AQ2.036	Level 3 • AQ2.056	Diving • AQ2.076	Level 4 • AQ2.096	
12-12:45pm		Level 1 • AQ2.017	P/P • AQ2.037	Level 1 • AQ2.057	P/P • AQ2.077	Level 1 • AQ2.097	
		Level 1 • AQ2.018	Level 1 • AQ2.038	Level 2 • AQ2.058	Level 1 • AQ2.078	Level 1 • AQ2.098	
		Level 2 • AQ2.019	Level 2 • AQ2.039	Level 3 • AQ2.059	Level 2 • AQ2.079	Level 3 • AQ2.099	
		Level 3 • AQ2.020	Diving • AQ2.040	Level 5 • AQ2.060	Level 4 • AQ2.080	Level 4 • AQ2.100	
5:30-6:15pm	P/P • AQ2.001	Level 1 • AQ2.021	Level 1 • AQ2.041	Level 1 • AQ2.061	Level 1 • AQ2.081	Level 1 • AQ2.101	Level 1 • AQ2.109
	Level 1 • AQ2.002	Level 2 • AQ2.022	Level 1 • AQ2.042	Level 2 • AQ2.062	Level 1 • AQ2.082	Level 2 • AQ2.102	Level 2 • AQ2.110
	Level 2 • AQ2.003	Level 3 • AQ2.023	Level 2 • AQ2.043	Level 3 • AQ2.063	Level 2 • AQ2.083	Level 3 • AQ2.103	Level 3 • AQ2.111
	Level 3 • AQ2.004	Level 4 • AQ2.024	Level 3 • AQ2.044	Level 4 • AQ2.064	Level 3 • AQ2.084	Level 4 • AQ2.104	Level 4 • AQ2.112
6:30-7:15pm	Level 1 • AQ2.005	P/P • AQ2.025	P/T • AQ2.045	P/P • AQ2.065	P/P • AQ2.085	P/P • AQ2.105	P/P • AQ2.113
	Level 2 • AQ2.006	Level 1 • AQ2.026	Level 1 • AQ2.046	Level 1 • AQ2.066	Level 1 • AQ2.086	Level 1 • AQ2.106	Level 1 • AQ2.114
	Level 3 • AQ2.007	Level 2 • AQ2.027	Level 2 • AQ2.047	Level 2 • AQ2.067	Level 2 • AQ2.087	Level 2 • AQ2.107	Level 2 • AQ2.115
	Level 4 • AQ2.008	Level 4 • AQ2.028	Level 4 • AQ2.048	Level 4 • AQ2.068	Level 4 • AQ2.088	Diving • AQ2.108	Level 3 • AQ2.116

Please review the Refund Policy on page 19.

Parent/Toddler(P/T): 6-24 months

Parent participation required. To develop, in young children, a high comfort level in and around the water and a readiness to swim. This course does not teach children to be accomplished swimmers or to survive in water.

Parent/Preschool(P/P): 2-5 years old

Parent participation required. To develop, in young children, a high comfort level in and around the water and a readiness to swim. This course does not teach children to be accomplished swimmers or to survive in water. Some objectives are to exhale underwater (blow bubbles), and demonstrate a readiness to float with support.

Level 1: Introduction to Water Skills

To orient participants to the aquatic environment and teach children elementary skills that can be built on as they progress through The Learn to Swim program. Some objectives are to fully submerge head and retrieve underwater objects and to perform back float and front float.

Level 2: Fundamental Aquatic Skills

To build on the fundamentals learned in Level 1 such as aquatic locomotion, safety, and rescue skills, and to perform a combined stroke on front and back.

Level 3: Stroke Development

Learning objectives for this class are to coordinate the components of the front and back crawl, retrieve objects unsupported with eyes open, rotary breathing in a horizontal position, and learn the basic rules of diving.

Level 4: Stroke Improvement

To develop confidence and competency in the aquatic skills presented so far in the Learn to Swim program. Some learning objectives are diving from the side of the pool, building endurance by swimming elementary backstroke, breaststroke, butterfly, front and back crawl.

Level 5: Stroke Refinement

To coordinate and refine the keystrokes presented thus far in The Learn to Swim program and to introduce flip turns while swimming on front and back, and tuck and pike surface dives.

Diving

A class that builds on the skills already learned. Teaching starts with beginning diving skills and will progress at the rate of the student's ability. Must have Level 4 skills.

Private Swim Lessons

For 1 participant, \$140

Semi-Private Swim Lessons

For 2-3 participants, \$200

Private and Semi-Private Lessons are available during the regular session dates from 1-1:30pm and 5-5:30pm.

Contact McBean Pool at (916) 434-3230 for registration and scheduling.

Adaptive and Adult lessons also available, Please contact the pool for scheduling, (916) 434-3230

Junior Lifeguarding

American Red Cross Junior Lifeguarding is designed to guide adolescents ages 11-14 to the Red Cross Lifeguarding course by building a foundation of knowledge, attitudes and skills for future lifeguards. Its serves to bridge the gap between Learn-to-Swim and Lifeguarding, and includes the following topics:

Development of swimming skills and endurance • Victim recognition • First Aid/ CPR/AED • Water rescue skills

AQ2.142 • 8/22 - 9/8 • Tues-Fri • 3:30pm - 5:30pm • Saturday, 9/9 • 9am - 1pm • Fee: \$125/\$130NR • McBean Memorial Pool

Basic Water Rescue

This Basic Water Rescue course provides individuals with the information and skills necessary to prevent, recognize and respond to aquatic emergencies. The Basic Water Rescue course does not provide participants with all the information and skills needed to be certified as a lifeguard.

Age: 16+

AQ2.154 • 6/10 • Sat • 9am - 1:20pm
\$50/\$55NR • McBean Pool

Lifeguard Recertification

Lifeguard Recertification available. Please contact the pool for more information, (916) 434-3230

General Admission Fees

3 & Under.....	Free
4-17.....	\$3
Adult.....	\$5

General Admission Fees apply to Recreation Swim, Family Swim Night, Tiny Tot Playtime, Spray Park, Water Fitness & Lap Swim.

Summer Swim Passes may be used in lieu of drop-in fee.

Recreation Swim

6/5 - 8/16 • Mon-Fri • 2-5pm
6/10 - 9/2 • Sat • 2-5pm

Family Swim Night

6/5 - 8/28 • Mon • 5:30-7:30pm
4th of July & Labor Day: 12-5pm

Pool Passes

Good for entrance to afternoon Recreation Swim, Family Swim Night, and Tiny Tot Playtime.

Family Pass

\$120 (up to four people)
\$25 per additional family member

Individual Pass

\$50 Ages 4-17
\$75 Ages 18+

Tiny Tot Playtime

Tiny Tot Playtime is designed for children 6 & under along with their parents &/or guardian. Playtime is a great way to cool off in the summer and to introduce your child to water.

Age: 6 & under • 6/5 - 9/4 • Mon • 10-11:30am



Water Fitness

This class is a combination of shallow & deep water aerobics. Ages 15+

5/1 - 5/12 • M/W/F • 6:30 - 7:15pm
5/15 - 9/1 • M/W/F • 7:30 - 8:15pm
9/4 - 11/3 • M/W/F • 6:30 - 7:15pm

Lap Swim

Come swim & exercise at your own pace! Ages 15+

5/2 - 5/11 • T/Th • 6:30 - 7:15pm
5/16 - 8/31 • T/Th • 7:30 - 8:15pm
9/5 - 11/2 • T/Th • 6:30 - 7:15pm

Water Fitness Passes

Passes are good for Water Fitness and Lap Swim!

\$50 10 visit punch card
\$95 20 visit punch card
\$300 Water Fitness Season Pass

Swim Team

Lincoln Lightning

The Lincoln Lightning Swim Team is a non-traveling, intramural program. Placement on the team is based on space availability and skill level as determined by mandatory tryout/evaluation and space availability. Participants need to know freestyle and back crawl.

Practice Times: 7:30-10am*

Practice Days: Tuesdays, Wednesdays, and Thursdays.

Age: 6-18

AQ2.126 • 6/13-8/5 • \$150/\$160NR

Swim Meet Dates: June 24, July 15 & August 5 • 8:30am-1pm

Mandatory Tryouts/Evaluations

5/20 (10am-2pm) • 5/23, 5/24, 5/25 (3:30-5:30pm)

Participants must attend **ONE** of the mandatory tryout/evaluation times if he/she **WAS NOT** on the Lincoln Lightning or Lightning Bugs during the 2016 season. If participant wants to advance from Bugs to Lightning you must attend a tryout.

Important Dates and Information

Pre-Registration is required for returning participants before the end of the day on 5/25 for placement. If participant is placed on a team, registration and payment will be required at first practice. Teams will be posted on 6/5 @ www.lincolnrec.net, at McBean Pool and Community Center.

**Specific practice schedule will be determined once participants are assigned to a team.*

Lightning Bugs

The Lightning Bugs is a beginner program for our Lincoln Lightning Swim Team. Placement Bugs is based on skill level by mandatory tryout/evaluation and space availability. Participants need to know the freestyle and back crawl for this program.

Practice Times: 8-10am*

Practice Days: Mondays and Fridays.

Age: 4-16

AQ2.125 • 6/12-8/5 • \$100/\$110NR

Swim Meet Dates: June 24, July 15 & August 5 • 8:30am-1pm

Pool Rentals

Private Pool Parties

Have your own private party where you and your group can have the pool all to yourself! The McBean Pool is available to rent for your special occasion. Rentals include exclusive use of the pool, deck, and picnic area and are staffed with lifeguards. Private parties are available on Saturdays or Sundays. Contact the McBean Pool at (916) 434-3230 to schedule a private party.

Fees:

\$125 per hour
\$50 per hour for additional lifeguards
(if party is more than 40 people)

Birthday Parties

Have a stress free birthday party and leave the planning to us! The Recreation Department is now offering all-inclusive birthday parties at McBean Pool. Parties are held during Recreation Swim.

Party Package Includes:

Use of McBean Pool facility during designated swimming hours for up to 3 hours, reserved tables for 1 hour, cake, punch, party invitations, paper products, and a party host.

Fees:

\$175 for 1-10 children
\$250 for 11-20 children
\$4 for each additional child

Add-On Options:

Pizza, \$25 per 10 guests





Our camp counselors are dedicated to providing a safe and fun environment for children to interact, meet new friends and participate in exciting camp activities. Campers will spend their day playing high energy activities, creating art masterpieces, going on crazy adventures and so much more. Join us for an exciting week of camp games, sports, a field trip and more! Please bring a sack lunch, one snack, and water to camp daily. Come join the fun!

Only need a day or two of camp? *We now take daily registrations!*
Daily registrations are dependent on space availability and start at \$35 per day.

Ages: 5-11 • Mon-Fri • 9:00am - 3:30pm

Weekly Fee: \$130/\$135NR each week (\$110 for Week 5. No camp on 7/4)

Daily Fee: \$35/\$40NR • Thursday's Field Trip \$45/\$50NR

Super Starter (7:30am - 9am) \$25 Week/\$10 day • Fun Finale (3:30pm - 6pm) \$30 week/\$15 day

Location: Twelve Bridges Elementary School



Week 1– Anything Goes

6/05 - 6/09

Field Trip: Sacramento Railroad Museum

Week 2– Superhero Mania

6/12 - 6/16

Field Trip: Empire Gymnastics

Week 3– Nickelodeon Days

6/19 - 6/23

Field Trip: Roller King (K-3rd Grade)
Top Golf (4th - 5th Grade)

Week 4– Rainforest Adventures

6/26 - 6/30

Field Trip: Blue Oaks Cinema

Week 5– Party in the USA

7/3 - 7/7

Field Trip: Camp-a-Palooza (Wednesday)
NO CAMP 7/4

Week 6– I Love the 80's

7/10 - 7/14

Field Trip: SunSplash Lazer Tag

Week 7– Sports-a-Palooza

7/17 - 7/21

Field Trip: Sacramento River Cats

Week 8– Kids Kamp Survivor

7/24 - 7/28

Field Trip: Bounce U (K-3rd Grade)
SunSplash (4th - 5th Grade)

Week 9 - Hawaiian Hullabaloo

7/31 - 8/4

Field Trip: Roseville Aquatics

Week 10– Kids Kamp's Got Talent

8/7 - 8/11

Field Trip: Strikes Bowling

**KIDS KAMP'S GOT TALENT
SHOW ON FRIDAY NIGHT!!**

Extend the Fun

If your child is already participating in Kids Kamp, let the fun continue! We are offering extended care this summer if your child needs camp beyond the 9am-3:30pm Kids Kamp hours. Your child will be supervised by our Kids Kamp staff while our fun, themed activities continue.

Super Starter

7:30am-9am \$25 per week

Fun Finale

3:30pm-6pm \$30 per week

Week	Theme	Date	Super Starter Code	Fun Finale Code
1	Anything Goes	6/05 - 6/09	PG1.245	PG1.255
2	Super Hero Mania	6/13 - 6/17	PG1.246	PG1.256
3	Nickelodeon Days	6/20 - 6/24	PG1.247	PG1.257
4	Rainforest Adventures	6/27 - 7/1	PG1.248	PG1.258
5	Party in the USA	7/3 - 7/7	PG1.249	PG1.259
6	I Love the 80's	7/10 - 7/14	PG1.250	PG1.260
7	Sports-a-Palooza	7/17 - 7/21	PG1.251	PG1.261
8	Kids Kamp Survivor	7/24 - 7/28	PG1.252	PG1.262
9	Hawaiian Hullabaloo	7/31 - 8/4	PG1.253	PG1.263
10	Kids Kamp's Got Talent	8/7 - 8/11	PG1.254	PG1.264

Youth Volunteer

Get involved, make a difference in the community... become a Youth Volunteer!

Volunteers are needed for our summer Kids Kamp!! Our Kids Kamp program is a 10-week program, June 05-August 11, Monday-Friday. Volunteers will be asked to volunteer between the hours of 9am-3:30pm.

Volunteers must be 13 years or older to apply. Volunteers must submit an application and will need to attend a Volunteer training/orientation in mid May. For more information about the Youth Volunteer Program, please contact Stephanie Lombardi at 434-3228 or stephanie.lombardi@lincolnca.gov

Applications are due by May 5, 2017

Jedi Engineering with LEGO® Materials

The Force Awakens in this introductory engineering course for young Jedi! Explore engineering principles by designing and building projects such as LEGO X-Wings, R2 Units, Energy Catapults, Defense Turrets, and Settlements from a galaxy far, far away. Create motorized and architectural projects with imagination and engineering to defeat the Empire!

Age: 5-7

AC2.089 • 6/19-6/23 • Mon-Fri • 9am - 12pm
\$155/\$160NR Resident Discount
Lincoln Crossing Elem, Tech Room



Jedi Master Engineering with LEGO® Materials

The Force Awakens in this advanced engineering course for young Jedi! Discover key engineering concepts such as gear trains, worm drives, pneumatics, and eccentric motion. Build LEGO X-Wings, AT-AT walkers, Pod Racers, Star Destroyers, Cloud Cities, Settlements, Fortresses, and other complex machines and structures from a galaxy far, far away.

Age: 7-12

AC2.090 • 6/19-6/23 • Mon-Fri • 1 - 4pm
\$155/\$160NR
Lincoln Crossing Elem, Tech Room



JavaScript and Electronics with PodPi

Learn how to make robots powered by JavaScript! This camp will introduce the students to the basics of JavaScript and electronic components from the resistors, LEDs to servo motors and sensors. The lessons are based on a new comic book series that will engage your child in learning not just the technology but other fun facts about the components and their function in today's devices. Join us for some fun learning and experimenting. No prior coding experience needed. At the end of the camp children will take home an entire PodPi Kit with Arduino board, a bread board, LEDs, sensors, servos, potentiometers, buttons, wires and Two PodPi magazines with entire contents for using the kit. *\$65 Materials Fee, payable to instructor the first day of camp.

Age: 9-15

AC2.088 • 7/10 - 7/14 • Mon-Fri • 9am - 12pm
\$160/\$165NR
Lincoln Crossing Elem, Tech Room

Challenger Sports British Soccer Camp

Challenger Sports British Soccer Camp is the most popular soccer camp working with over 150,000 children each year. Our experienced professional British staff study the game at all levels. We will teach key techniques and skills to help your player reach their true potential. With programs for ages 3-12, the curriculum includes a variety of foot skills, technical drills, tactical practices, freestyle soccer, small-sided games, coached scrimmages, and a mini World Cup tournament play. Want to host a British coach for the week of camp? Contact Jamie at jkent@challengersports.com & get an \$80 rebate!

Players also learn about our core values of respect, responsibility, integrity, sportsmanship and leadership. Each child gets a FREE Soccer ball, T-shirt, Evaluation and soccer poster! All equipment will be provided by the instructor. Child should bring water, sunscreen and a snack if they wish.



Age: 3-5

AC2.086 • 7/17 - 7/21 • Mon-Fri • 8-8:50am
\$120/\$125NR • Foscett Regional Park

Age: 6-12

AC2.087 • 7/17 - 7/21 • Mon-Fri • 9am-12pm
\$185/\$190NR • Foscett Regional Park

Active Tots Sports Camp

Drop your kids off for hours of fun in this exciting sports camp! Your child will develop a love of sports with fun drills and games in basketball, T-ball and soccer. Relay races, obstacle courses, and other age appropriate games will also be incorporated. Pack a healthy snack/lunch, lots of water and have your child wear closed toed shoes. Both boys and girls are welcome!

Age: 6-9

\$90/\$95NR

Foscett Ranch Elem, Multi-purpose Room

AC2.046 • 6/5 - 6/9 • Mon-Fri • 9am-12pm

AC2.049 • 7/17 - 7/21 • Mon-Fri • 9am-12pm



Hoop Improvement Camp

This four day, fun filled camp will provide your young player the opportunity to learn about basketball in a fun and positive environment. Each day will feature easy to learn instruction along with enjoyable games and contests that will enhance their development and love of the game. Coach Rick Bauer is the owner and coach of Good Sport U. All players receive a Good Sport U shirt.

Age: 4-6

AC2.012 • 6/12-6/15 • Mon-Thurs • 4:30-5:25pm

AC2.014 • 7/10-7/13 • Mon-Thurs • 4:30-5:25pm

\$50/\$55NR

Twelve Bridges Elem, Multi-purpose Room

Age: 7-9

AC2.013 • 6/12-6/15 • Mon-Thurs • 5:30-5:25pm

AC2.015 • 7/10-7/13 • Mon-Thurs • 5:30-5:25pm

\$50/\$55NR

Twelve Bridges Elem, Multi-purpose Room



POP-UP PLAYDATE

May 7th, 2017 | 11am - 2pm

Creekside Oaks Elementary School | FREE

A fun-filled, family-friendly day to go outside and play!

- Bounce Houses, Kids Yoga and Zumba
- Kids Nature Area – exhibits and activities
- Plant your own planter boxes to take home
- Food trucks, vendors and much more!

www.WildlifeHeritage.org





Dance Classes

Come experience Expressions Academy of Dance's approach to building self-confidence and giving students the solid foundation they need to become fearless dancers and individuals. *All Dance classes are held at Expressions Academy of Dance, Located at 780 Sterling Parkway, Suite 30, Lincoln, CA 95648

Location: Expressions Dance Academy

Dance Discovery, Mommy & Me Ballet

This 30 minute class is a magical way for you and your toddler to experience dance and movement together. Each week will begin with a fun song and dance warm up where they will be introduced to Ballet basics. This class includes dance, yoga, rhythm, music, singing and basic tumbling. Age: 2-3

Sat • 10-10:30am
AC2.063 • 5/6-5/27 • \$45/\$50NR
AC2.064 • 7/15-7/29 • \$34/\$39NR

Pre Ballet

This class is for the Ballerinas at heart! Our Pre Ballet program is perfect for the young dancers who are just starting out, and how just love to move. We incorporate games, songs, and rhythm to exercise the creative part of their brain. Age: 4-5

Sat • 11-11:45am
AC2.067 • 5/6-5/27 • \$50/\$55NR
AC2.068 • 7/15-7/29 • \$38/\$43NR

Hip Hop Mini's

This class is designed for the kds who just love to move and groove! This class combines Jazz and Hip Hop in a fun and age appropriate way! We learn the basic techniques of both genres, and create exciting and energetic dances. Age: 4-6

Sat • 10:30-11am
AC2.065 • 5/6-5/27 • \$45/\$50NR
AC2.066 • 7/15-7/29 • \$34/\$39NR

Ballet Level 1

Our Ballet program follows the RAD (Royal Academy of Dance) Curriculum of teaching. Ballet has a long history of producing beautiful and strong dancers that exude poise and grace. We strive for excellence in technique, proper terminology, and teaching the importance of confidence while dancing. Everyone should get a chance to take Ballet, to learn new skills, meet new friends and ignite self worth. Age: 6-9

Fri • 3:30-4:30pm
AC2.069 • 5/5-5/26 • \$55/\$60NR
AC2.070 • 7/14-7/28 • \$42/\$47NR

Hip Hop/Jazz Level 1

With clean, upbeat music we inspire our dancers to move to the rhythm. Our Hip Hop/Jazz classes fill dancers with energy and excitement. While focusing on both Hip Hop and Jazz techniques from classic styles to new modern aspects. Age: 6-8

Fri • 5:30-6:30pm
AC2.071 • 5/5-5/26 • \$55/\$60NR
AC2.072 • 7/14-7/28 • \$42/\$47NR



Tiara's and Tip Toes Princess Camp

Calling all Ballerinas and Princesses at heart! This three day camp is full of tutus, glitter, tea parties, dress up, Ballet Class, manners and adventure! Wednesday's theme is "Part of This World". Dancers will learn to be kind to friends, foes and the earth. Thursday's theme is "Let's be Brave." Dancers will concentrate on being brave, and thoughtful. Friday is Tea Party day! Dancers will learn just exactly how a princess would sip tea, eat crumpets and talk to their guests. Campers will learn a Ballet Dance to perform for their parents and royal subjects on the last day of camp! The princesses will create crowns, wands, tutus and more! Who's ready to twirl, tip toe, and turn into a Princess? Dancers are encouraged to dress up according to the theme!

Age: 5-10

Wed - Fri • 9:30am-12:30pm
AC2.163 • 7/26-7/28 \$100/\$105NR

Location: Expressions Academy of Dance, 780 Sterling Parkway, Suite 30, Lincoln



What to Wear

Ballet:

Ages 2-3- Pink Leotard, pink tights, pink ballet shoes
Ages 4-6- Purple Leotard, pink tights, pink ballet shoes

Ballet I- Blue leotard, pink tights, pink ballet shoes, hair in a bun

Ballet & Tap:

Ages 4-6 - Purple Leotard, pink tights, pink ballet shoes, and black tap shoes

Hip Hop:

T-shirt, leggings, clean tennis shoes, hair must be up in a ponytail or braid

* Dress Code items available for purchase at Expressions Academy of Dance

If you have any questions regarding Expressions Academy of Dance classes or dress code, give the office a call, and we will be happy to assist you. (916) 543-0299.

Gymnastics

These classes are for children ages 18 months to 10 years of age. Instructor Angie Floyd creates a fun program for girls and boys that teaches basic gymnastics skills in a positive learning environment. Each class includes activities that are geared toward improving gross motor skills, hand-eye coordination, and developing self-esteem in children. Sibling and family discounts are available.

Location: Community Center

No class dates: 5/27, 7/4, 7/14, 9/2

Little Dippers

Parents assist their children in a wide range of fun activities designed to benefit toddlers physically, mentally, and socially.

Age: 1.5-3

Tues • 10-10:45am

AC2.094 • 5/16-6/20 • \$54/\$59NR

AC2.095 • 6/27-8/1 • \$45/\$50NR

AC2.096 • 8/15-9/19 • \$54/\$59NR

Wed • 10-10:45am

AC2.097 • 5/17-6/21 • \$54/\$59NR

AC2.098 • 6/28-8/4 • \$54/\$59NR

AC2.099 • 8/16-9/20 • \$54/\$59NR

Fri • 9-9:45am

AC2.100 • 5/19-6/23 • \$54/\$59NR

AC2.101 • 6/30-8/4 • \$45/\$50NR

AC2.102 • 8/18-9/22 • \$54/\$59NR

Sat • 9:35-10:20am

AC2.103 • 5/20-6/24 • \$45/\$50NR

AC2.104 • 7/1-8/5 • \$54/\$59NR

AC2.105 • 8/19-9/23 • \$45/\$50NR

Big Dippers

These classes break down age appropriate gymnastics skills into achievable goals so that children can experience a fun and positive learning environment.

Age: 3

Tues • 11-11:45am

AC2.106 • 5/16-6/20 • \$54/\$59NR

AC2.107 • 6/27-8/1 • \$45/\$50NR

AC2.108 • 8/15-9/19 • \$54/\$59NR

Wed • 9-9:45am

AC2.109 • 5/17-6/21 • \$54/\$59NR

AC2.110 • 6/28-8/2 • \$54/\$59NR

AC2.111 • 8/16-9/20 • \$54/\$59NR

Fri • 11-11:45am

AC2.112 • 5/19-6/23 • \$54/\$59NR

AC2.113 • 6/30-8/4 • \$45/\$50NR

AC2.114 • 8/18-9/22 • \$54/\$59NR

Comets

These classes break down age appropriate gymnastics skills into achievable goals so that children can experience a fun and positive learning environment.

Age: 3-4

Wed • 11-11:45am

AC2.115 • 5/17-6/21 • \$54/\$59NR

AC2.116 • 6/28-8/2 • \$54/\$59NR

AC2.117 • 8/16-9/20 • \$54/\$59NR

Thurs • 4:30-5:15pm

AC2.118 • 5/18-6/22 • \$54/\$59NR

AC2.119 • 6/29-8/3 • \$54/\$59NR

AC2.120 • 8/17-9/21 • \$54/\$59NR

Sat • 10:30-11:15am

AC2.121 • 5/20-6/24 • \$45/\$50NR

AC2.122 • 7/1-8/5 • \$54/\$59NR

AC2.123 • 8/19-9/23 • \$45/\$50NR

Shooting Stars

These classes break down age appropriate gymnastics skills into achievable goals so that children can experience a fun and positive learning environment.

Age: 4-5

Tues • 3:15-4pm

AC2.124 • 5/16-6/20 • \$54/\$59NR

AC2.125 • 6/27-8/1 • \$54/\$59NR

AC2.126 • 8/15-9/19 • \$54/\$59NR

Fri • 10-10:45am

AC2.127 • 5/19-6/23 • \$54/\$59NR

AC2.128 • 6/30-8/4 • \$45/\$50NR

AC2.129 • 8/18-9/22 • \$54/\$59NR

Sat • 8:45-9:30am

AC2.130 • 5/20-6/24 • \$45/\$50NR

AC2.131 • 7/1-8/5 • \$54/\$59NR

AC2.132 • 8/19-9/23 • \$45/\$50NR

Galaxies

This transitional class focuses on learning fundamental gymnastics skills and developing strength and flexibility.

Age: 5-6

Thurs • 5:25-6:10pm

AC2.133 • 5/18-6/22 • \$54/\$59NR

AC2.134 • 6/29-8/3 • \$54/\$59NR

AC2.135 • 8/17-9/21 • \$54/\$59NR

Fri • 3:30-4:15pm

AC2.136 • 5/19-6/23 • \$54/\$59NR

AC2.137 • 6/30-8/4 • \$45/\$50NR

AC2.138 • 8/18-9/22 • \$54/\$59NR

Beginning Gymnastics

Children learn basic gymnastics skills and progressions that promote strength, flexibility, and cardiovascular fitness.

Age: 6-10

Tues • 5:10-6:10pm

AC2.142 • 5/16-6/20 • \$60/\$65NR

AC2.143 • 6/27-8/1 • \$50/\$55NR

AC2.144 • 8/15-9/19 • \$60/\$65NR

Thurs • 3:30-4:30pm

AC2.145 • 5/18-6/22 • \$60/\$65NR

AC2.146 • 6/29-8/3 • \$60/\$65NR

AC2.147 • 8/17-9/21 • \$60/\$65NR

Intermediate Gymnastics

Allows children to take skills learned in Beginning Gymnastics to a more challenging level. Participation requires instructor approval.

Age: 7-10

Tues • 4-5pm

AC2.151 • 5/16-6/20 • \$60/\$65NR

AC2.152 • 6/27-8/1 • \$50/\$55NR

AC2.153 • 8/15-9/19 • \$60/\$65NR

Fri • 4:15-5:15pm

AC2.168 • 5/19-6/23 • \$60/\$65NR

AC2.169 • 6/30-8/4 • \$50/\$55NR

AC2.170 • 8/18-9/22 • \$60/\$65NR





Active Tots

T-Ball

Age: 3.5-5

Fee: \$50/\$55NR

Come out to the field and have fun learning the basics of T-Ball and the value of sportsmanship. We will practice hitting, catching, throwing and running the bases. Fun drills and scrimmages will be played. All equipment is provided, so come on out and play. Parent participation required.

Tuesdays • Twelve Bridges Park
AC2.043 • 6/6-6/27 • 5:45-6:30pm

Wednesdays • McBean Park
AC2.044 • 6/7-6/28 • 5:45-6:30pm

Thursdays • Peter Singer Park
AC2.045 • 6/8-6/29 • 5:45-6:30pm

Challenger Sports

Challenger Sports team of professional British, Brazil and International soccer coaches will make each soccer class fun, rewarding and challenging for all children. Over 150,000 kids each year are coached by Challenger Sports staff all over the USA and each get the great cultural experience of being coached by a foreign coach and learn about other countries around the World that play the great game of Soccer! Classes are six week sessions.

Day: Monday

Location: Foscett Regional Park

Instructor: British Soccer Staff



What to Wear

Please wear soccer/sports attire. Shin guards and soccer cleats are recommended, but not required. No open toe shoes.



Soccer Academy I

Ages: 4-5

Fee: \$98/\$103NR

Soccer is fun! That will be the focus of this class. Kids will be encouraged to enjoy the sport of soccer. They will learn soccer skills that will keep them playing for future years. They will make new friends and learn the basics of the game through small sided scrimmages and fun games.

AC1.984 • 5/1-6/5 • 5:5-45pm
AC2.083 • 6/19-7/24 • 5:5-45pm

Beginner Ice Hockey

Come learn the exciting and rapidly growing sport of Ice Hockey! This 4-week introductory class is designed to teach basic hockey skills and get kids hooked on hockey. Includes free hockey jersey, use of skates, helmet, gloves, and stick and one 75 minute class each week. Makeup classes are not available. Please arrive by 10:15am.

Ages: 6-12

Sun • 11am-12:15pm • \$80

Location: Skatetown, 1009 Orlando Ave, Roseville

AC2.079 • 5/7-5/28

AC2.080 • 6/4-6/25

AC2.081 • 7/9-7/30

AC2.082 • 8/6-8/27



Beginner Ice Skating

If you are a beginner ice skater, this is the class for you. Learn forward and backward skating, swizzles, one foot glides, a two foot spin and more. Includes 4 free skate rental passes. Makeup classes are not available.

Age: 6-12

Wed • 5:45-6:15pm • \$65

Location: Skatetown, 1009 Orlando Ave, Roseville

AC2.074 • 5/24-6/14

AC2.075 • 6/21-7/12

AC2.076 • 7/26-8/16

AC2.077 • 8/23-9/13

Hoop Improvement

This youth basketball program will provide your young player the opportunity to learn about basketball in a fun and positive environment. Each day will feature easy to learn instruction along with enjoyable games and contests that will enhance their development and love of the game. Coach Rick Bauer is the owner and coach of Good Sport U. All players receive a Good Sport U shirt. Some parental play is requested in this program. www.GoodSportU.com for more information.

No class 5/24

Day: Wed

Fee: \$50/\$55NR

Location: Twelve Bridges Elem



Ages: 4-6

AC2.010 • 5/3-5/31 • 5:30-6:25pm

Ages: 7-9

AC2.011 • 5/3-5/31 • 6:30-7:25pm



Soccer Academy III

Ages: 8-12

Fee: \$98/\$103NR

The focus is on refining and improving technique in terms of passing, dribbling, shooting, defending, individual foot skills and 1 vs 1 moves. Still an element of fun but a focus on challenging the player and ensuring they improve over the course of the class. A scrimmage to put skills to the test will end each class.

AC1.986 • 5/1-6/5 • 6:30-7:30pm
AC2.085 • 6/19-7/24 • 6:30-7:30pm

Kuk Sool Won

Location: Community Center
Instructor: John Santilena

Turtle Tots

Ages: 3.5-5
Fee: \$65/\$70NR
Introduce your child to the high energy environment of Martial Arts in this class for boys and girls. Turtle Tots is designed to help improve a child's balance, flexibility, coordination, self-confidence, respect and self-discipline.

Turtle Tots 1

AC2.018 • 5/16-6/20 • Tues • 6:30-7pm
AC2.019 • 7/11-8/15 • Tues • 6:30-7pm
AC2.020 • 8/22-9/26 • Tues • 6:30-7pm

Turtle Tots 2

AC2.021 • 5/18-6/22 • Thurs • 6:30-7pm
AC2.022 • 7/13-8/17 • Thurs • 6:30-7pm
AC2.023 • 8/24-9/28 • Thurs • 6:30-7pm



Dragons

Ages: 5-6
Fee: \$80/\$85NR
Beyond Turtle Tots but not ready for the Junior Martial Arts Program, Dragons is for children 5-6 years of age who have attended several Tots sessions but still may not be ready for Juniors. Dragons is designed for fun and to help improve your child's balance, flexibility, coordination, self-confidence, respect, and self-discipline. Sessions will also stress following instructions and working with others in a team setting. Uniforms are optional.

AC2.024 • 5/17-6/21 • Wed • 5:15-6pm
AC2.025 • 7/12-8/16 • Wed • 5:15-6pm
AC2.026 • 8/23-9/27 • Wed • 5:15-6pm



Juniors 1 & 2

Ages: 6-12
Fee: \$100/\$105NR
Develop strength, quickness, balance, flexibility and coordination as well as improve your powers of concentration, self-discipline and self-confidence with the traditional martial art form of Korea, Kuk Sool Won.

Junior 1

AC2.027 • 5/15-6/21 • Mon/Wed • 6-7pm
AC2.028 • 7/10-8/16 • Mon/Wed • 6-7pm
AC2.029 • 8/21-9/27 • Mon/Wed • 6-7pm

Junior 2

AC2.030 • 5/16-6/22 • Tues/Thurs • 7-8pm
AC2.031 • 7/11-8/17 • Tues/Thurs • 7-8pm
AC2.032 • 8/22-9/28 • Tues/Thurs • 7-8pm

Advanced Black Belt

Ages: 10+
Fee: \$100/\$105NR

AC2.033 • 5/15-6/19 • Mon • 5-6pm
AC2.034 • 7/10-8/14 • Mon • 5-6pm
AC2.035 • 8/21-9/25 • Mon • 5-6pm

Material Fee: Payable to instructor at the first class (includes uniform, belt, curriculum description, CD of the first Form, and a Lincoln Kuk Sool Won t-shirt).
Turtle Tots - N/A, Dragons - \$80 (optional), Juniors - \$80, Adults - \$100

Family Discounts: 1-full price, 2-full price, 3-half price, 4 & on-FREE

**We also offer
Adult Kuk Sool Won and Tennis Classes!**

[See page 14 for details](#)

Tennis

Location: Jimenez Park, Tennis Courts
Instructor: Peter Haddow

Tiny Tots

Age: 5-7
Fee: \$35/\$40NR
A program for boys and girls (ages 5-7) aimed at developing tennis skills and sportsmanship with an emphasis on fun and games.

AC2.154 • 7/6-7/27 • Thurs • 9-9:30am
AC2.155 • 8/3-8/24 • Thurs • 3:30-4pm

Pre-Academy I

Age: 8-12
Fee: \$55/\$60NR
A weekly class for pre-teen boys and girls geared towards building solid fundamental tennis skills in a fun environment.

AC2.156 • 7/6-7/27 • Thurs • 9:30-10:30am
AC2.157 • 8/3-8/24 • Thurs • 4-5pm

Pre-Academy II

Age: 12-16
A weekly tennis class for boys and girls ages 12 and older. Students will learn proper technique and participate in targeted drills designed to improve consistency and shot making.

AC2.158 • 7/6-7/27 • Thurs • 10:30-11:30am
AC2.159 • 8/3-8/24 • Thurs • 5-6pm



Pickleball Open Play

Come and play pickleball, a paddle sport for all ages and skill levels. Combines elements of tennis, badminton and ping pong. Played on a badminton sized court with a low net. Easy to learn, bring your friends and family. Paddles, balls and instruction will be provided.
Age: All Ages

Every 1st and 3rd Saturday

Starting April 1st
Time: 9am - 12pm
Location: Pickleball equipment will be set up at McBean Park, Basketball Courts



Lincoln Recreation
 @lincolnparksrec
 @lysports
 916.434.3220



Strikes Youth Bowling

Age: 5-20
Location: Strikes Unlimited, Rocklin
Fee: \$80/\$85NR
Tues • 1-3pm

Join us for Strikes Youth Bowling. This nine week bowling league is for boys and girls with all levels of experience. Ages 5-8 can bowl with bumpers up. All levels compete together. Our coaches will help your child develop key bowling fundamental skills. We will bowl 2 games per week. Shoes and bowling balls are included. We will have an end of the session party the last week of class.

AC2.162 • 6/6-8/1

LINCOLN YOUTH SPORTS CAMPS

www.lincolnyouthsports.com



Lincoln Youth Basketball Skills Camp

Players will learn and practice key fundamental and advanced skills including footwork, rebounding, defense and offensive position specific skills while incorporating this training into competitions and scrimmages. This is a great camp for all players looking to have fun, improve skills, and take their game to the next level.

Fee: \$75

Location: Community Center

Session 1

Registration Deadline: 6/16
Dates: 6/19-6/23 • Mon-Fri

Grades: 3rd-5th • 10am-12pm
Grades: 6th-8th • 1-3pm

Session 2

Registration Deadline: 8/4
Dates: 8/7-8/11 • Mon-Fri

Grades: 3rd-5th • 10am-12pm
Grades: 6th-8th • 1-3pm



Lincoln Youth Volleyball Summer Skills Camp

Come participate in this week-long youth volleyball camp to learn and polish those skills and get some extra practice as we will focus on strengthening individual skill sets and incorporating them into game situations all while having tons of fun.

Registration Deadline: 7/14

Fee: \$75

Location: Community Center

Dates: 7/17-7/21 • Mon-Fri

Grades: 3rd-5th • 10am-12pm

Grades: 6th-8th • 1-3pm



Lincoln Youth Flag Football Boot Camp

Our Lincoln Youth Flag Football season is rapidly approaching, so here is your chance to dust off your cleats and get some training in before the first practice! Get a great workout with this week-long, 2 hour skills camp that will cover everything you will need to work on for the upcoming season.

Registration Deadline: 7/28

Fee: \$75

Location: Foskett Regional Park

Dates: 7/31-8/4 • Mon-Fri

Grades: 3rd-8th • 9-11am



Track and Field Club



Come out and join us for this exciting new program. We have partnered with the Lincoln High School Track & Field program to offer an introduction to Track & Field. Participants will learn a variety of different events and receive instruction on proper fundamentals and form.

Fee: \$50

Day: Tuesdays and Wednesdays

Time: 5-7pm

Location: Glen Edwards Middle School

Grades: 3rd-8th

Session 1

Registration Deadline: 6/2

Dates: 6/6-6/28

Session 2

Registration Deadline: 7/7

Dates: 7/11-8/2



ROOKIE RUGBY

Rookie Rugby League



Rookie Rugby is the flag version of rugby that is safe, non-contact, and easy to learn. The game is similar to flag football and has the free flowing play of soccer. The rules are simple and minimal equipment is required.

Registration Deadline: 5/31

Fee: \$75

Grades: 3rd-8th

Location: Foskett Regional Park

Dates: 6/5-8/5



Important Dates:

6/5 - First Day of Practices

6/16 - First Day of League Play

Lincoln Youth Flag Football League- Fall 2017 "Friday Nights, Under the Lights"



Lincoln Youth Flag Football is for all boys and girls in grades 1st-8th. LYFF is a non-contact, 5 on 5 league with weekly practices and games held on Saturdays. The Fall season will feature a player combine followed by a player draft. Grades 3rd - 8th will participate in the draft, grades 1st and 2nd will be randomly assigned. Come out and join us for the Fall Season.

Grades: 1st-8th

Registration Deadlines & Fees

Early: 5/26-6/29- \$100

Regular: 6/30-8/13 - \$110

Late: 8/14-8/18 - \$120

\$10 sibling discount

Important Dates:

8/19- Player Combine

8/28- First Day of Practices

9/8- First Day of League Play



Volunteer Coaches Needed!
Coaching Discounts Available

Register at www.LincolnYouthSports.com

NFL Punt, Pass, and Kick Competition



Come out and enjoy a fun filled Punt, Pass, and Kick Competition. Participants will test their punt, pass, and kick skills in multiple age categories with winners advancing to a regional competition and possibly at a local NFL stadium. This is a free event; please call the office for more information on how to register.

**No cleats*

Ages: 6-15

Saturday, 8/26



FREE Event

Register online at www.nflppk.com/competitions/register/index

Don't Forget...

**Registration for Lincoln Youth Basketball
Starts 8/7/17**



Kuk Sool Won

Kuk Sool Won, a traditional Korean Martial Art, can benefit anyone. With instructor John Santilena you will develop strength, quickness, balance, timing, flexibility, and coordination while improving your concentration, self-discipline and self-control. If you feel you are up for the challenges developed by the Korean Masters, here is your opportunity.

Age: 13+

Mon/Wed • 7-8pm

Fee: \$100/\$105NR

Location: Lincoln Community Center

AC2.036 • 5/15-6/19

AC2.037 • 7/10-8/14

AC2.038 • 8/21-9/25



Beginner Tennis

A course for adults who would like to learn to play tennis, the sport of a lifetime. Forehands, backhands, serves, volleys and specialty shots will be covered in addition to the rules of the game and proper tennis etiquette.

Age: 16+

Fee: \$55/\$60NR

Location: Jimenez Park, Tennis Courts

Instructor: Peter Haddow

AC2.160 • 8/3-8/24 • Thurs • 7-8pm

Intermediate Tennis

A tennis course for adults who play regularly and have a NTRP rating of 3.0 or higher. Groundstrokes, Serves, Volleys will be reviewed in addition to tactics, proper footwork and effective use of spin. The emphasis will be on drills and doubles play.

*Registration for this class requires instructor approval. Please contact the Recreation Department for enrollment (916) 434-3220.

Age: 16+

Fee: \$55/\$60NR

Location: Jimenez Park, Tennis Courts

Instructor: Peter Haddow

AC2.161 • 8/3-8/24 • Thurs • 6-7pm

ADULT LEAGUES

Registration Dates Summer 2017

Early: 4/3-4/16

Regular: 4/17-5/14

Late: 5/15-5/22

Registration Dates Fall 2017

Early: 7/10-7/23

Regular: 7/24-8/20

Late: 8/21-8/28

Softball @ Foscett Regional Park

League/ Division	Start Date Summer	Start Date Fall	Day	Early Team Fee	Regular Team Fee	Late Team Fee
Co-ed	May 30	Sept 5	Tues	\$450	\$475	\$500
Men's	June 1	Sept 7	Thurs	\$450	\$475	\$500
Women's	N/A	Aug 13	Sun	\$450	\$475	\$500

Volleyball @ Lincoln Community Center

League/ Division	Start Date Summer	Start Date Fall	Day	Early Team Fee	Regular Team Fee	Late Team Fee
Co-ed	June 12	Sept 11	Mon	\$300	\$325	\$350

Drop-In Basketball

@ Lincoln Community Center

Wednesday's 8-10pm

Fee: \$5 each

Free Agent List

New to Lincoln or just can't put a whole team together? Join our Free Agent program. We accept individual registration on an on-going basis for all of our adult sports leagues and form teams when there is enough interest to do so. If there are not enough free agents to form a team, the Free Agent List with your name and contact information will be distributed to all team captains prior to the start of the season. Free agent registration is only taken online at www.lincolnrecsports.com

League Information

League fees must be paid in full by the late registration deadline date.

Team registration can be processed online at www.lincolnrecsports.com or at the Lincoln Community Center, 2010 First Street.



MCBEAN PAVILION

65 McBean Park Drive

Ideal for wedding receptions, parties and special events, this 6,700 square foot facility has a large reception hall, full kitchen, small stage, bar area and ample parking. The reception hall is large enough to comfortably seat approximately 400 guests.

All rental fees includes tables and chairs as well as setup and cleanup of the facility.



CIVIC AUDITORIUM

511 Fifth Street

This beautifully renovated 2,500 square foot building is perfect for receptions and performances. The building features a large stage area, kitchen space, and inviting foyer. The reception hall is large enough to comfortably seat approximately 200 guests.

All rental fees include chairs.



MCBEAN PAVILION BBQ AREA

65 McBean Park Drive

Located next to McBean Pavilion, the BBQ Area features a wooden shade structure great for an outdoor event. Tables and chairs are available for use and a full kitchen is available for rent as well.

All rental fees includes tables and chairs as well as setup and cleanup of the facility.



MCBEAN PARK GAZEBO

65 McBean Park Drive

Located in McBean Park, the Gazebo is perfect for a small outdoor gathering.



BEERMANN PLAZA

640 5th Street

Beerman Plaza is an outdoor location on 5th Street and F Street. The Plaza has a beautiful fountain and makes a great setting for a small event.



TWELVE BRIDGES LIBRARY

485 Twelve Bridges Drive

The Lincoln Public Library @ Twelve Bridges has a variety of rooms and facilities for rent.

Check out www.libraryatlincoln.org for Library Forms and room use information. For further details, contact Renae Hart at (916) 434-2410 or (916) 434-2409.

Please visit online at www.lincolnrec.net to view pricing or contact (916) 434-3220 for pricing and reservations.

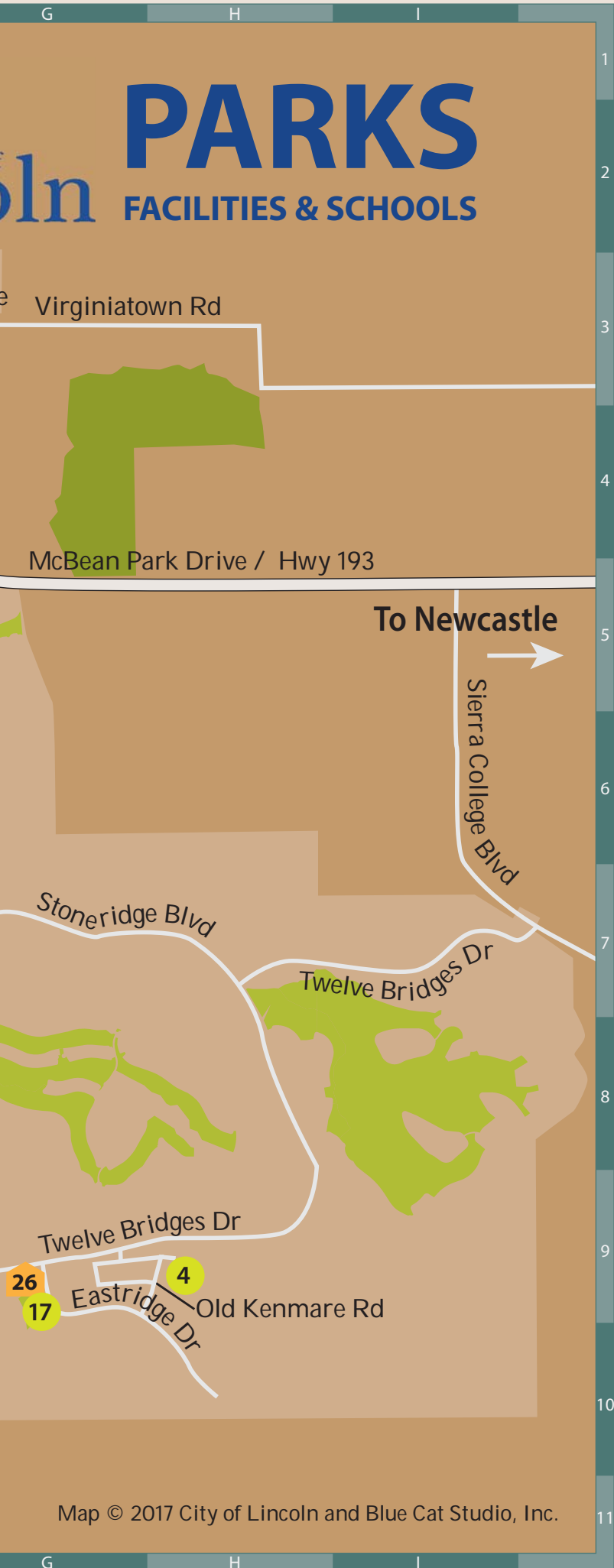


To Marysville

LINCOLN

To Roseville

1 MILE



PARKS

	SOFTBALL/BASEBALL	TENNIS	BASKETBALL	POOL	HORSESHOE PITS	SKATE PARK	DOG PARK	RESTROOMS	PLAYGROUND	WATER FEATURE	COVERED PICNIC	BBO	
1 Aitken Park													C6
2 Auburn Ravine Park													E5
3 Brown Park													B2
4 Coyote Pond Park													H9
5 Foskett Regional Park . . .													C2
6 Joiner Park													D4
7 Machado Park													C5
8 Markham Park													C3
9 McBean Park													E4
10 Nathan Dubin Park													C7
11 Palo Verde Park													G3
12 Pete Demas Park													D7
13 Peter Singer Park													D6
14 Robert Jiminez Park													D6
15 Scheiber Park													C4
16 Sheffield Park													E6
17 Twelve Bridges Park													G9
18 Wilson Park													E9

SCHOOLS

19 Carlin C. Coppin Elementary	F3
20 Creekside Oaks Elementary	C5
21 First Street Elementary	D5
22 Foskett Ranch Elementary	C2
23 Glen Edwards Middle School	D4
24 Lincoln Crossing Elementary	D6
25 Lincoln High School	E4
26 Twelve Bridges Elementary	G9
27 Twelve Bridges Middle School	E9

OTHER CITY FACILITIES

28 Beermann Plaza	E4 (inset A9)
29 City Hall / WPUSD District Offices	E4 (inset A8)
30 Civic Auditorium	E4 (inset B9)
31 Corporation Yard	A2
32 Fire Station #33	F4 (inset C9)
33 Fire Station #34	C5
34 Fire Station #35	F9
35 Lincoln Community Center	C4
36 Lincoln Regional Airport	A2
37 McBean Park Pavilion	F4 (inset B10)
38 Police Department	E4 (inset A8)
39 Twelve Bridges Library	E9

485 Twelve Bridges Drive

(916) 434-2410 • 485 Twelve Bridges Drive

For current hours, programs, fundraisers, and happenings check the Library's website or Facebook page.

www.libraryatlincoln.org
www.facebook.com/libraryatlincoln
www.library@lincolncal.gov

Remember, our digital branch is always open! Our e-books and online databases are available to you 24/7!

Friends of the Lincoln Library

The Friends of the Lincoln Library (FOLL) invite you to join them in helping out the Twelve Bridges Library! The Friends support various programs, including our Read For The Record, Summer Reading Program, Mother Goose On The Loose, Read Across America, Homework Center, Family Movie Night, Star Wars Day, EBSCO research databases, and many others. To fund these programs the Friends hold quarterly book sales and manage a daily ongoing book sale inside the library. Your membership also helps to keep the Library open and programs running. Thank you, Friends!

Regular FOLL meetings: 2nd Tuesday of each month from 2-4pm at Twelve Bridges Library- Fir Room

Book Sale

Hundreds of fiction, non-fiction, bestsellers, paperbacks, and children's books will be available for purchase. Prices start at \$.025 and all proceeds go to the Friends of the Lincoln Library sponsored programs.

Sat • 6/10 • 11-3pm
 Twelve Bridges Library- Willow Room

Poetry Open Mic

The Friends of the Lincoln Public Library invite members of the community to share their love of poetry while enjoying refreshments. Contact Sue Clark at (916) 434-9226. For all ages.

Sun • 5/21, 6/11, 7/9, 8/13 • 3-5pm
 Twelve Bridges Library- Willow Room

Family Movie Night

FREE- Sponsored by Friends of the Lincoln Library
 Join us for FREE family friendly movies - Check the Library website for exact titles! Doors open at 5:30pm, movie starts at 6pm. Limited to first 100 participants!

Sat • 5/20, 6/17, 7/15, 8/19 • 6pm
 Twelve Bridges Library- Willow Room

Mother Goose on the Loose

This fast-paced, fun activity for young children, their parents, or caregivers includes activities that help your little one to learn and grow. We play instruments, sing songs, repeat nursery rhymes, march, clap, listen to stories, and do lots of fun movements. Adults must accompany children at all times. Limited to the first 100 participants. Please arrive early to pick up tickets on the morning of!

Age: 0-4 years • 5/4-8/31

*except, 5/18, 6/15, 7/20, 8/17

Thurs • 10:30am-11am OR 11:30am-12pm
 Twelve Bridges Library - Homework Center

Family Storytime

Join us for our family storytime, a fun half hour of books, rhymes, and songs. All ages are welcome to this event, and we have special tips and techniques for building reading skills at home throughout the program. Everyone – parents included – is sure to have a good time and learn something new.

Age: All ages welcome!

Wed • 5/3-8/30 • 3:30-4pm
 Twelve Bridges Library- Kids Area

Homework Help for Students

Students needing help or just a quiet place to study can use the Homework Center. This program is run by volunteers who can assist students.

For grades: 1st-8th

Mon/Tues/Wed • 5/1-5/24 • 2:45-4:45pm
 Twelve Bridges Library- Homework Center

Read to a Dog!

www.lendaheart.org
 LAH therapy dogs and their handlers are coming to the Library! Practice your reading skills and make a new four-legged friend by reading a story to a dog. These are trained therapy dogs, so this is also a perfect opportunity to introduce shy young ones to dogs.

Books are provided; sign ups begin at 2pm

Age: All ages welcome

Sat • 1/21, 2/17, 3/18, 4/15 • 3-4pm
 Twelve Bridges Library- Kid's Area

Online Learning: Research Help & eBooks

Find the most accurate, up-to-date information using Explora at the Lincoln Public Library. This research database is simple to use, and provides information from reference books and magazines as well as relevant images and videos. Explora also provides topic overviews, for those looking to get started learning on a new subject.

Sponsored and paid for by the Friends of the Lincoln Library (FOLL).

Find this database, and many others, including research tools dealing with health, legal matters, small business help, learning different languages, and auto repair, under Online Learning on our website, www.LibraryAtLincoln.org. We also have several resources for eBooks and eAudiobooks, including Overdrive and Hoopla! Hoopla is a brand new service that the Library is thrilled to provide, and in addition to eBooks and eAudiobooks, it also offers our patrons access to movies, television episodes, music and comic books!

* You will need your library card number to use these services.

Summer Reading Program 2017

Join us for a summer of art, design, and reading as we celebrate the creativity in all of us!

Earn rewards, get creative, combine literacy with designing new worlds for the imagination, and have fun for 6 weeks. This year's program, READ BY DESIGN, is inspired by the creativity of the authors, illustrators, builders, inventors, artists, architects, and everyone who makes our world more interesting and beautiful, and who challenge and inspire us all.

Join us every Wednesday for crafts and activities and other programs.

ALL AGES WELCOME!

Crafts & Activities: Wednesdays • 6/7-7/12 • 2:30-3:30pm

Kick Off Party: Saturday, June 3 • 1-3:30pm

Twelve Bridges Library- Homework Center



ONLINE.

You can register online at www.lincolnrec.net.

Register for youth sport leagues at www.LincolnYouthSports.com.

Register for adult sport leagues at www.LincolnRecSports.com.

Register 24 hours a day, 7 days a week.

WALK-IN.

You can register in our office at 2010 First Street.

PHONE.

Give us a call at (916) 434-3220.



Register Online Now!

Office Closures

The Community Center will be closed on the following dates:

May 29

July 4

Office Hours

8am-12pm, 1-5pm (closed from 12-1pm)

Park & Recreation Committee Members

Richard Moore - Chair

Kelly Velasco - Vice Chair

Roger Ueltzen

Jim Datzman

Alex Floyd

Daniel Gilliam

Paul Harrison

James Haufler

Tim Monelo

Committee Meetings

The public is invited and encouraged to attend the regular quarterly meetings. Meetings are held on the first Wednesday of March, June, September, and December at 5pm at the City Hall, 600 Sixth Street, First Floor Meeting Room.

Scholarships

Scholarships are available for low income families. In order to obtain a scholarship, an application and income verification must be submitted. Approval of the scholarship may take up to 2 weeks. Please contact the Community Center at (916) 434-3220 for more information.

The City of Lincoln staff reserves the right to photograph facilities, activities and program participants for potential future use in advertising, brochures and the City's web page. All photos will remain the property of the City of Lincoln.

Every effort is made to ensure that the information printed in the Recreation Guide is accurate; however, please be aware that programs, dates, prices, or descriptions may change periodically. In the event of a program change, every effort will be made to notify registrants in a timely manner.

General Information

- Payments can be made using credit card, check or cash.
- Program prices, dates and times are subject to change.
- Class fees will not be prorated for any reason.
- Registration is on a first-come, first-serve basis.
- The City has established non-resident fees for recreation programs. A non-resident is a person who lives outside of the Western Placer Unified School District.

Refund Policy

Community Classes/Camps/Aquatics

- The City of Lincoln reserves the right to cancel, combine or divide classes; change time, date or place of classes; instructor; or make other changes necessary.
- **Failure to attend a class or "no shows" will not be granted a refund.** Refunds are only eligible if received a minimum of seventy-two (72) hours prior to the first class, unless otherwise noted. If a request is turned in less than seventy-two (72) hours, a refund will be determined on a case-by-case basis.
- Requests for refunds must be in writing, and can be submitted via fax, walk-in, mail, or email. Please email refund requests to amy.gregory@lincolnca.gov
- If the City of Lincoln cancels a program due to low enrollment, a full refund will be issued.
- If you are not satisfied with any of our programs, please contact the program supervisor.
- The online "convenience fee" will not be refunded.

Adult Sports Leagues

- Requests for refund must be received within 24 hours from the close of registration, unless otherwise noted. If a request is submitted after 24 hours, a refund will be determined on a case-by-case basis.
- Requests for refund must be in writing, and may be submitted via fax, walk-in or email. Please email refund requests to douglas.brown@lincolnca.gov
- If the City of Lincoln cancels a league due to low enrollment, a full refund will be issued. All other refunds will be assessed a \$20 processing fee.

Youth Sports Leagues

- Requests for refund must be received within 7 days from the close of registration, unless otherwise noted. If a request is submitted after 7 days, a refund will be determined on a case-by-case basis.
- Requests for refund must be in writing, and may be submitted via fax, walk-in or email. Please email refund requests to daniel.friese@lincolnca.gov
- If the City of Lincoln cancels a league due to low enrollment, a full refund will be issued. All other refunds will be assessed a \$10 processing fee.

Refund Request Forms are available online at www.lincolnrec.net

City of Lincoln Recreation is an approved vendor for the following schools:

Horizon Charter Schools
Visions in Education
South Sutter Charter School



Lincoln Recreation



@lincolnparksrec
@lysports



@lysports2015



916.434.3220

SIGN UP EARLY!

Our programs fill up quickly, so don't wait until the last minute to sign up for a class or program. Go online now to sign up!
www.lincolnrec.net



Our camp counselors are dedicated to providing a safe and fun environment for children to interact, meet new friends and participate in exciting camp activities. Campers will spend their day playing high energy activities, creating art masterpieces, going on crazy adventures and so much more. Join us for an exciting week of camp games, sports, a field trip and more! Please bring a sack lunch, one snack, and water to camp daily. Come join the fun!

Only need a day or two of camp? *We now take daily registrations!*
Daily registrations are dependent on space availability and start at \$35 per day.

Ages: 5-11 • Mon-Fri • 9:00am - 3:30pm

Weekly Fee: \$130/\$135NR each week (\$110 for Week 5. No camp on 7/4)

Daily Fee: \$35/\$40NR • Thursday's Field Trip \$45/\$50NR

Super Starter (7:30am - 9am) \$25 Week/\$10 day • Fun Finale (3:30am - 6pm) \$30 week/\$15 day

Location: Twelve Bridges Elementary School

Week 1— Anything Goes

6/05 - 6/09

Field Trip: Sacramento Railroad Museum

Week 2— Superhero Mania

6/13 - 6/17

Field Trip: Empire Gymnastics

Week 3— Nickelodeon Days

6/20 - 6/24

Field Trip: Roller King (K-3rd Grade)
Top Golf (4th - 5th Grade)

Week 4— Rainforest Adventures

6/27 - 7/1

Field Trip: Blue Oaks Cinema

Week 5— Party in the USA

7/3 - 7/7

Field Trip: Camp-a-Palooza (Wednesday)
NO CAMP 7/4

Week 6— I Love the 80's

7/10 - 7/14

Field Trip: SunSplash Lazer Tag

Week 7— Sports-a-Palooza

7/17 - 7/21

Field Trip: Sacramento River Cats (Wednesday)

Week 8— Kids Kamp Survivor

7/24 - 7/28

Field Trip: Bounce U (K-3rd Grade)
SunSplash (4th - 5th Grade)

Week 9 - Hawaiian Hullabaloo

7/31 - 8/4

Field Trip: Roseville Aquatics

Week 10— Kids Kamp's Got Talent

8/7 - 8/11

Field Trip: Strikes Bowling

REGISTER ONLINE AT WWW.LINCOLNREC.NET